



## 2008 Live Well Challenge Goal Setting Worksheet

You can earn an additional **100** points for reaching the goal that you set at the beginning of the Challenge. At the end of week 3, if you reach your goal you will earn 50 points. You have a second chance in weeks 4-6. At the end of week 6 if you reach your goal, you will earn an additional 50 points.

These goal points can make or break your Challenge. Set realistic goals, but be sure to challenge yourself. Use the Goal Setting Worksheet below to calculate your Goal Points.

For more information and detailed descriptions of points see "[How to Earn Points](#)".

Category*	Weekly points
<i>Healthy Behavior (Eat Smart, Move More or Quit Tobacco)</i>	
• Points and activities vary by focus area	
<b>Healthy Behavior total possible weekly points</b>	<b>30</b>
<i>Stress Less</i>	
• 15 minutes of a stress relief activity	7
<b>Stress Less total possible weekly points</b>	<b>7</b>
<i>General Health</i>	
• Drink 64 oz of water per day	7
• Floss and brush teeth daily	7
• Sleep 7 hours or more per night	7
<b>General Health total possible weekly points</b>	<b>21</b>
<i>Worksite Health Promotion</i>	5
• 5 points per event or activity	
<b>Worksite Health total possible weekly points</b>	<b>5</b>
<b>Total possible weekly points</b>	<b>63</b>

\*Note: "Special Activities/Events" points are not included. These points will be added separately at the end of the Challenge.

### Goal Setting Worksheet

- How many weekly points do you expect to earn for "**Healthy Behaviors**" activities? \_\_\_\_\_
- How many weekly points do you expect to earn for "**Stress Less**" activities? \_\_\_\_\_
- How many weekly points do you expect to earn for "**General Health**" activities? \_\_\_\_\_
- How many weekly points do you expect to earn for "**Worksite Health Promotion**"? \_\_\_\_\_
- Add lines 1 – 4 for the total weekly points you expect to earn. **Total Weekly Points** = \_\_\_\_\_

- Multiply **Total Weekly Points** from line five by 3 (First 3 weeks of the Challenge)  
**Total Weekly Points** \_\_\_\_\_ x 3 = **Goal Points** = \_\_\_\_\_

**Note:** This will also be your goal for weeks 4-6 of the Challenge.

- Record your **Goal Points** on your Live Well Challenge registration form.

**Note:** You must set a minimum goal of 96 points.

## Live Well Challenge

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